

# ABSTRACT

**Title:** Correction of lumbar spine strain during aerobic exercises

**Goal of the study:** Awareness of excessive lumbar spine strain during the aerobic lessons, suggest of correctional practices, and to determine if the correction is useful and effective.

**Method:** The task is executed as an experiment with the focus on the correctional exercises for lumbar spine. Experimental group was created using sixty women from three different exercising groups. The aerobic lessons tracked were the same in length and content. Two groups were subject to corrective intervention while one control group was left without intervention. The two groups with intervention were using suggested breathing and compensation exercises. All sixty members of the experimental group answered a questionnaire with questions focused on subjective feelings in lumbar spine. Significance of subjective feelings was measured using VAS scale.

**Results:** Painful feeling in the lumbar spine was reduced after using breathing and compensation exercises.

**Key words:** aerobics, lumbar spine, lumbar spine strain, correction of strain, compensation exercise, individual optimal body pose deep stabilization system